



COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: coa@bedfordma.gov

Website: <http://www.bedfordma.gov> to follow link to COA

Director: Lori Dance

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • COA Volunteer Coordinator: Ita Baird

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis

Ageless China: the trip of a lifetime at your fingertips!

Have you ever dreamed of walking along the Great Wall? Visiting the Forbidden Palace? Viewing the Terra Cotta warriors in Xi'an? Were you concerned such a trip would be overwhelming? Then *Ageless China* has been designed for you. This tour, traveling October 9 - 26, 2014, features the best of China at an enjoyable and manageable pace. The itinerary, amenities, and services have been designed to meet the needs and desires of individuals 55+, and include the many once-in-a-lifetime experiences above coupled with a multitude of unique and VIP experiences. Learn more about this trip at a special presentation by Asia Travel Curators on **Wednesday July 23 at 7 PM**. Refreshments will be served. Contact the Council on Aging at (781) 275-6825 to register or stop by to pick up a handout.

Join The Songbirds on Wednesday July 2 at 10:30 for Patriotic songs and songs made popular during the wars. Please note: this will be their last meeting until September.

Senior Protection Seminar with Middlesex District Attorney Marian Ryan

The seminar informs seniors about common scams that the DA's Office and local police departments are seeing in Middlesex County; provides tips on how to handle unsolicited calls for donations, information or services; health care proxies and power of attorney documents; smart financial planning to avoid theft; and how to protect personal information from identity theft. **Join us on Friday July 11 at 1PM!**

Contemporary Poetry

Stephen Collins returns to the Bedford COA this summer to present his class on contemporary poetry. Classes will be held beginning on Tuesday July 15 at 7:00 PM (class dates 7/15, 7/22, 7/29, 8/12, 8/19, 8/26). This class will focus mainly on post 1950s poets. We will study several Pulitzer Prize winners, including Robert Lowell, Mary Oliver, Richard Wilbur, and Stanley Kunitz. A partial list of other poets will include Jane Kenyon, Donald Hall, Robert Haas, and Galway Kinnell. Please contact the COA at (781) 275-6825 for more information or if you are interested in singing up. The fee for this seminar is \$50 payable to Stephen Collins (or \$10 per class should you choose not to attend the full six sessions).



Design Your Own Cupcake!

Wednesday August 13 at 2:30 PM

Sponsored by Atria Longmeadow Place
Please call (781) 275-6825 to sign up!

Summertime Lunch

Thursday, August 28 at 11:30 AM

Catered by Newbury Court Retirement Community, Concord. Space is limited so please call the COA at (781) 275-6825 to make your reservation!

Volunteers needed for Bridges: Growing Older, Growing Together

This is an intergenerational program that fosters friendships and understanding between older adults and children. All that is required is one hour per week for six weeks. Classes will meet on **Tuesdays at 1:00 PM beginning July 8** at the Kids' Club. If you are interested in participating or for more information, please contact Lori Dance at (781) 275-6825 or email coa@bedfordma.gov.

Sit 'n Stitch is Expanding!

This group is for everyone, novice to expert, who is looking to get together and share the wonderful world of knitting. Discuss current projects, swap yarn and patterns and of course do some knitting over a cup of coffee. All are welcome - crochet and beads too! This is a casual, social group! All you need to do is show up! The group meets on Fridays from 10:00 to 2:00 at the COA *and now also on Wednesdays at 6:30 PM!* So dig out that project you've been meaning to finish and join us!



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Don't Forget These Ongoing Activities

- Bingo!** All are welcome on Monday July 14 and August 11 at 10:00 for a chance to win token gifts.
- Game Time!** Bring your friends on Mondays at 10:00 for a game of Dominos, Scrabble, Chess, Cribbage, Pool and more!
- Sing with the Songbirds!** Wednesdays at 10:30! All are welcome to join this fun and spirited group!
- Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!
- Texas Hold 'Em Poker!** Join the game each Monday at 1!
- Handcraft Group** Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!
- Play Mah Jongg!** Wednesdays beginning at 11:00! All are welcome! Lessons available!
- Play Duplicate Bridge!** Every Tuesday and Thursdays 7/3, 7/17, 7/31, 8/14, and 8/28 at 11 AM.
- Coffee Hour** Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.
- Talk to Your State Representative** Ken Gordon will be at *Current Events* on Thursday August 7 at 1:00 to talk with you about state issues.
- Are You A Federal Retiree?** Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.
- Current Events** This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!
- Genealogy Group** This group is taking a break for the summer and will return in September.
- Nom de Plume Writers Group** Do an exercise, share your work, and get feedback! New members are welcome. Meets the 1st and 3rd Tuesdays of every month at 1:00.
- Single Again** Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.
- Line Dancing with Katrina** Fridays at 1 PM. The class costs \$2 (paid to instructor).
- Discover Tap Dance!** Chuck will be taking a break for the summer. He will be back to tapping on Tuesdays at 11:00 in September! Each 8-week session is only \$65. Don't forget your shoes!

Trips! Trips! Trips!

Day Trip Reminders

- ♦ **Mohegan Sun & Lobster Boil: Thursday July 24**
Bus departs at 7:15 AM and returns at about 7 PM.
- ♦ **Isles of Shoals Cruise Wednesday August 13**
Bus departs at 9 AM and returns at about 6:30 PM.
- ♦ **Concord River Cruise Thursday August 14**
**Please meet at 12:30 at the South Bridge Boat House in Concord (496 Main St.) The 75-minute cruise leaves at 1:00 PM.

September 11th Memorial in NY and West Point Academy September 19-20, 2014

Highlights of this popular tour include:

- ♦ West Point Military Academy
- ♦ Westchester Dinner Theatre
- ♦ National September 11th Memorial in Manhattan
- ♦ Rockefeller Center
- ♦ Free time to explore St. Patrick's Cathedral, Times Square, or Top of the Rock.

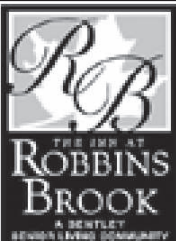
The cost of this trip is \$299pp double occupancy or \$359 for a single. For more information or to register, please visit the COA.

Cooking with King Arthur October 6-7, 2014

You don't have to be a chef to enjoy this 2-day extravaganza featuring a hands-on 3-hour cooking class at the world famous **King Arthur Flour** in Norwich, VT. Other sights you will visit include **Billings Farm and Museum** where you will explore one of the finest operating dairy farms in America; the beautiful, historic **Marsh-Billing-Rockefeller Mansion Gardens**. Accommodations will be at the award-winning **Summit Lodge** minutes from the slopes of Killington. Evening activities will include an Innkeepers Cocktail Party, a four-course dinner, and a wonderful show! You will be treated to a fabulous breakfast before returning home the next morning. The cost of this trip is \$329pp double occupancy or \$359 for a single. For more information or to register, please visit the COA.

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.

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We All Scream For Ice Cream!

Atria Longmeadow Place of Burlington will be scooping up ice cream on **Wednesday July 9 at 12:30 PM**. There is no charge for this special treat but please contact the COA (781) 275-6825 by **Monday July 7** to reserve your spot!

Name That Tune!

Join Laura Blair from Concord Health Care for an afternoon of music and fun on **Monday July 14 at 12:30 PM**. Enjoy an ice cream treat while you try to recognize some of these old favorites! Please sign up in advance by calling the COA at (781) 275-6825.



Play our version of the TV game show with Laura Blair from Concord Health Care on **Monday August 11 at 12:30 PM**. Enjoy an ice cream treat while you test your knowledge! Please sign up in advance by calling the COA at (781) 275-6825.

2014 Adult Summer Reading Program

The Adult Summer Reading program is returning for its second year with weekly drawings for prizes and a grand prize drawing at the end of the summer for an iPad mini! All you have to do is submit your entry at the Bedford Public Library Circulation Desk between June 30 and August 29!



Have Lunch at the Bedford Café!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.

Saturday Afternoon at the Movies!

Thanks to the FBCOA for our funding!

All movies begin at 1:15 PM

July 5 *Medicine Man* (1992) PG-13 Scientist Robert Campbell (Sean Connery) discovers a cure for cancer in the Amazon. He tries to duplicate the formula, but developers and an American bureaucrat (Lorraine Bracco) hinder his efforts. When a native child falls ill, the scientist must decide whether to save one life with the last of the serum or keep it for further analysis.

July 12 *Firehouse Dog* (2007) PG When Hollywood's top dog gets lost and ends up far from the red-carpet, he's completely out of his element. In the end, it takes a lonely boy and a company of firefighters to give him a true sense of belonging.

July 19 *Red 2* (2013) PG-13 Ex-CIA agent Frank Moses and his crew return for another high-stakes mission, scouring the globe for a missing nuclear device. Along the way, they'll face off against assassins, terrorists and corrupt government officials.

July 26 *Parkland* (2013) PG-13 Based on Vincent Bugliosi's book, this powerful drama takes place in the Dallas hospital where John F. Kennedy was brought after being shot on Nov. 22, 1963. Intertwining stories follow doctors, FBI agents, an unwitting cameraman and many others.


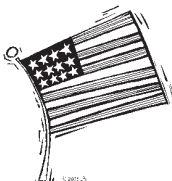
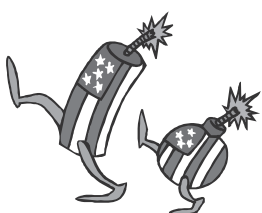
August 2 *An Affair to Remember* (1957) NR Although each is already engaged to another, Nickie (Cary Grant) and Terry (Deborah Kerr) meet on an ocean liner and fall deeply in love. They agree to meet at the Empire State Building in 6 months if they still feel the same way. A tragic accident prevents their rendezvous, and the lovers' future takes an uncertain turn.

August 9 *Jimmy P* (2013) NR Returning home from World War II, Blackfoot Native American Jimmy Picard suffers from a host of psychosomatic symptoms. In this drama based on a true story, he bonds with his psychoanalyst as the two explore his psyche for causes.

August 16 *Redwood Highway* (2013) PG-13 Itching to get out of her retirement community but estranged from her family, Marie uses her granddaughter's wedding as an excuse to go on a walk. A long one. On foot on the Redwood highway, Marie sets out on the 80-mile journey to the ocean.

August 22 *Winter's Tale* (2014) PG-13 Colin Farrell stars as a thief who breaks into an ill girl's home and then falls for her. As the action shifts between past and present, the burglar also acquires a flying-horse guardian angel.

August 29 *Lone Survivor* (2013) R Mark Wahlberg stars as Navy SEAL Marcus Luttrell in this action-drama based on an ill-fated real-life mission to bring down a Taliban boss. The stakes get even higher when Luttrell and his unit are ambushed in the Hindu Kush region of Afghanistan.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30 Exercise ¹ 11:00 Duplicate Bridge 12:30 Osteofitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise ² 10:00 Computer Club 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 6:30 Sit 'n Stitch	9:00 Floor Yoga ³ 9:30 Healthy Eating Course 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi/Card Making	CLOSED ⁴ Independence Day 
9:00 Exercise ⁷ 9:30 Yoga 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	9:30 Exercise/ ⁸ Hearing 10:00 SHINE 11:00 Duplicate Bridge 12:30 Osteofitness 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise ⁹ 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Ice Cream Social 6:30 Sit 'n Stitch	9:00 Floor Yoga ¹⁰ 9:30 Healthy Eating Course 10:00 Exercise 1:00 Current Events/ Tai Chi/Card Making	9:00 Exercise ¹¹ 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Nurse's Hours/Senior Safety *No Line Dancing Today!
9:00 Exercise ¹⁴ 9:30 Yoga 10:00 Pilates/Games/ BINGO 11:45 Lunch 12:30 Name That Tune + Ice Cream 1:00 Poker/ Floor Yoga/The Pacific 3:00 Handcrafts	9:30 Exercise ¹⁵ 11:00 Duplicate Bridge/ Hot Weather Safety 12:30 Osteofitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:00 Stephen Collins 7:30 Single Again	9:00 Exercise ¹⁶ 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Taking Control of Your Future 2:00 SHINE 6:30 Sit 'n Stitch	9:00 Floor Yoga ¹⁷ 9:30 Healthy Eating Course 10:00 Exercise/ Hearing 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi/Card Making	9:00 Exercise ¹⁸ 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise ²¹ 9:30 Yoga 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga/The Pacific 3:00 Handcrafts	9:30 Exercise ²² 11:00 Duplicate Bridge 12:30 Osteofitness 4:00 Zumba Gold 6:00 Coffee Hour 7:00 Stephen Collins 7:30 Single Again	9:00 Exercise ²³ 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch 7:00 Ageless China	Mohegan Sun ²⁴ 9:00 Floor Yoga 9:30 Healthy Eating Course 10:00 Exercise 1:00 Current Events/ Tai Chi/Card Making	8:00 Podiatry ²⁵ 9:00 Exercise 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise ²⁸ 9:30 Yoga 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga/Nurse's Hours/The Pacific 3:00 Handcrafts	9:30 Exercise ²⁹ 11:00 Duplicate Bridge 12:30 Osteofitness 4:00 Zumba Gold 6:00 Coffee Hour 7:00 Stephen Collins 7:30 Single Again	9:00 Exercise ³⁰ 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Floor Yoga ³¹ 9:30 Healthy Eating Course 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi/Card Making/ Trail Walk	



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Exercise 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise 9:30 Yoga 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga/The Pacific 3:00 Handcrafts	9:30 Exercise 11:00 Duplicate Bridge 12:30 Osteofitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise 10:00 Computer Club 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:00 SHINE 6:30 Sit 'n Stitch	9:00 Floor Yoga 10:00 Exercise 1:00 Current Events/ Ken Gordon/Tai Chi	9:00 Exercise 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing/ Nurse's Hours
9:00 Exercise 9:30 Yoga 10:00 Pilates/Games/ BINGO 11:45 Lunch 12:30 Family Feud 1:00 Poker/ Floor Yoga/The Pacific 3:00 Handcrafts	9:30 Exercise/ Hearing 10:30 Meaningful Vis- it (see page 6) 11:00 Duplicate Bridge 12:30 Osteofitness 4:00 Zumba Gold 6:00 Coffee Hour 7:00 Stephen Collins 7:30 Single Again	Isles of Shoals 9:00 Exercise 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 2:30 Cupcakes 6:30 Sit 'n Stitch	9:00 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Events/ Tai Chi/ Concord River Cruise	9:00 Exercise 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise 9:30 Yoga 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga 3:00 Handcrafts	9:30 Exercise 11:00 Duplicate Bridge 11:30 Lunch & Learn 12:30 Osteofitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:00 Stephen Collins 7:30 Single Again	9:00 Exercise 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Citizens Bank 2:00 SHINE 6:30 Sit 'n Stitch	9:00 Floor Yoga 10:00 Exercise/ Hearing 1:00 Current Events/ Tai Chi/ Trail Walk	9:00 Exercise 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing
9:00 Exercise 9:30 Yoga 10:00 Pilates/Games 11:45 Lunch 1:00 Poker/ Floor Yoga/Nurse's Hours 3:00 Handcrafts	9:30 Exercise 11:00 Duplicate Bridge 12:30 Osteofitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:00 Stephen Collins 7:30 Single Again	9:00 Exercise 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Floor Yoga 10:00 Exercise 11:00 Duplicate Bridge 11:30 Newbury Court Luncheon 1:00 Current Events/ Tai Chi	9:00 Exercise 10:00 Sit 'n Stitch 11:45 Lunch 12:30 Osteofitness 1:00 Scrabble/Line Dancing

**FBCOA Annual Membership Dues
2014—2015**

INDIVIDUAL \$5.00 _____
 FAMILY \$7.00 _____
 CONTRIBUTION _____
 TOTAL \$ _____
 (Tax deductible contributions gratefully accepted)
 NAME _____
 ADDRESS _____
 TOWN/ZIP CODE _____
 EMAIL: _____

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia bsrpuchia@aol.com with FBCOA in the subject line.

Saturdays at the COA

We are open 12-4 PM!

12:30 Beginner's Italian

1:00 Bridge, cards, pool

Movies begin at 1:15 PM. See page 3 for details!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

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***Drop in rate for the above classes is \$5.00 per day.

BONING UP ON OSTEOPOROSIS!

Beverley J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. Osteofitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD and others. OsteoFitness™ classes are held on Tuesdays and Fridays at 12:30 PM at the COA. The cost of this program is \$160 (includes 20 classes). Please visit the COA or call to register at (781) 275-6825.



Fitness News

"SPECIALS" (Formerly Punch Card Classes)

Chair Yoga: \$65 per 8 week session - Mondays at 9:30 w/Lorraine (July 1) or Fridays at 9:30 w/Helen (September 2014) *Take both for just \$120!

Tai Chi: \$65 per 8 week session (Thursdays at 1:00 taught by Oriental Healing Arts Association)

Floor Yoga: \$65 per 8 week session (Mondays at 1:00 or Thursdays at 9:15 w/Lorraine) *Take both for just \$120!

Zumba Gold: \$65 per 8 week session (Tuesdays at 4:00 PM w/Vera)

Tap Dancing: \$65 per 8 week session (Tuesdays at 11:00 w/Chuck starting in September)

Chair Exercise: \$65 per 8 week session (Wednesdays at 12:30 PM w/Madeline)

***Drop in rate for the above classes is \$10 per day.

Pre-registration is required for all classes. Please let us know if you have any questions.

FBCOA 2015 Membership Dues by September 2014

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